



**ROUNDNET CHALLENGES**  
— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

WEEK 4 of 4

**Practice:** A repeated exercised focused on improving a skill or ability.

*Ami practiced her bowling skills and improved her Bowling for Cups time.*

**Bowling for Cups:** [\[YouTube\]](#)

Your Challenge: Knock down 6 plastic cups in 1 minute.

Arrange cups in a line. Stand 5-15 paces away. On the signal, slide the bean bag (or ball) to knock down one of the cups. Get your bean bag and any cup knocked over. Return to starting position and repeat.

Download or stream 1-Minute Challenge Music on [Apple Music](#) or [Spotify](#)

## Purposeful Practice

WEEK 4 of 4

**Serve:** To hit a ball or object in order to begin game play.

*Developing an accurate serve is important for any skilled Roundnet player.*

**Serving Challenges:** [\[YouTube\]](#)

Your Challenge: How many serves in a row can you place on target (the net)?

3 in a row = Silver Medal  
5 in a row = Gold Medal

- Serve 3' away from the net
- Serve 6' away from the net
- Serve using a dropshot
- Serve using a sidestep style
- Serve using a Fwango style

## Just for Fun (and health)

WEEK 4 of 4

**Passion:** The collection of your life experiences that give you the deepest sense of fulfillment.

*Black turned his passion into an incredible skill that inspires people all over the world.*

**Ted Talk:**

**My Journey to Yo-Yo Mastery**  
[\[Video Link\]](#)

Take a few minutes to watch this Ted Talk on the power of passion and determination.

Complete the SEL Reflection Guide for Passion after you watch the Ted Talk.  
[\[Google Slide Link\]](#)